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Bangalore Mirror

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JUST JAMMIN'

All in a day's work on city's roads: Notorious snarls, rampant violations, tech-enabled solutions

PAGE 5

CALL IT QUITS

Psychologists speak of circumstances around rise in cases of elderly couples opting for divorce

PAGE 7

Civic experts question lack of consultation, transparency in 250-mt-high sky deck project plan, wonder what its use is for city reeling under infra issues, caution against environmental fall-out

SKY'S THE LIMIT WHEN IT COMES TO TALL TALES

Purported aim is to promote tourism, showcase modernism

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A public notice issued by Bruhat Bengaluru Mahanagara Palike (BBMP) inviting objections and suggestions from citizens on the final location for the govt's 250-metre-high sky deck project has not gone down well with city-based activists.

Civic experts have underlined the lack of public consultation and transparency in the process, apart from questioning the intent of the government, based on the timing of the public notice.

They say the project is being rushed through, while Bengaluru is grappling with critical issues like floods, potholes, and water shortages. As India's Silicon Valley, the focus must be on strengthening existing infrastructure, not fast-tracking vanity projects, they said.

"Issuing a public notice during Deepavali when citizens are away, shows disregard for public input on a project. It will worsen traffic chaos in an area with no metro, rail connectivity, or bus station.

Bengaluru deserves thoughtful planning and transparent consultation to build a modern, sustainable city that benefits all for the growth of the city and its citizens," said Vinod Jacob, Namma Bengaluru Foundation.

"They should hold a public consultation to understand if citizens want a sky deck. A social impact assessment should be conducted. The government should consider spending this money to revise the rajakaluve network in the city
—Sandeep Anirudhan, Namma Whitefield

The 250-metre tall edifice is being constructed with the aim of promoting tourism and showcasing the city's modernity. The sky deck will allow visitors to experience the city from a different perspective, in addition to generating employment opportunities and boosting local revenue.

CONTINUED ON PAGE 8 »

Death in the shadows

2 deaths at popular sweet shop shows complete disregard of ban on manual scavenging prevails

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The death of two contract labourers after inhaling toxic gases while cleaning a sewage treatment plant (STP) at a sweet shop in Dabaspete in the outskirts of Bengaluru has once again jolted the city to accept that manual scavenging prevails despite it being illegal.

The deceased identified as Lingaraju and Naveen, both 26-year-old, were allegedly asked by the owner of the sweet shop to clean the STP for which they were told they would be paid.

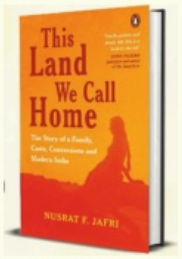
However, the duo inhaled toxic gases while in the tank and died. Despite the government's strict prohibition on manual scavenging, the two contract labourers were allegedly asked to enter the STP without proper safety gear or equipment.

Following their deaths, Dabaspete police registered a case under section 105 (culpable homicide not amounting to murder) of the Bharaitya Nyaya Sanhita (BNS) against Ramesh, who had a sub-contract with the Asha sweet centre for the STP and the

CONTINUED ON PAGE 8 »

3 THINGS TO DO

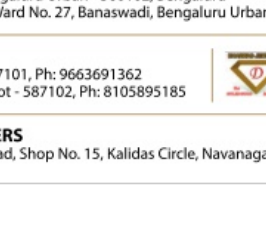
01 Read on



Tune into a detailed and entertaining conversation between Nusrat Jafri and Thejaswi Shivanand as they discuss Jafri's non-fiction book 'This Land We Call Home.' In this book Jafri traces the roots of her nomadic forebears through the lens of caste and religious conversions over the last century. **Where: Champaca Bookstore When: November 9, 6 pm**

02 Poetic musings

This time at 'Tuesdays with the Bard @ Urban Solace' vibe to the magical words of Oninthough, an award-winning poet & author, stand-up comedian, and artist, based out of Bengaluru. He is amongst the select few multilingual (trilingual) poets in India. He has written 500+ poems across three languages (English, Hindi, and Bengali). His second book was an anthology of poems, titled, "Midnight Musings of a Madman" and his third book "One By Two" is the only body of bilingual work by an individual author in the country. **Where: Urban Solace; When: November 5, 7:30 pm to 9 pm**



03 Golf tournament

Canadian International School (CIS) will be hosting 'The CIS 10th Annual Inter-School Golf Tournament,' which is open to students across India, aged 6 to 18. Participation is limited to 120 slots, allocated on a first-come, first-served basis upon registration. The format of the game will be 18 Holes Stroke Play for Categories A, B, C and D; and 9 Holes Stroke Play for Category E. For further details, please visit www.canadianinternationalschool.com/golf. **Where: Prestige Golfshire, Devanahalli, North Bengaluru; When: November 15**

Less than 800 acres left: BU's bout to save its land

Bangalore University's Jnana Bharathi campus has lost over 300 acres of land to various institutions over last five decades

Over the last five decades, it is said that multiple governments in Karnataka have gradually transferred land from the Bangalore University's (BU) Jnana Bharathi campus to various institutions, leading to a loss of more than 300 acres. Additionally, around 75 acres are currently under encroachment by private individuals.

Established in 1964, BU was allotted approximately 1,100 acres of land adjacent to Mysore Road in 1973, which was designated as the Jnana Bharathi campus. Since then, successive governments have continued to allocate portions of this land to different educational institutions. Sources said that till date, approximately 297 acres have been allocated to various institutions, with the current government deciding to grant an additional seven acres to the National Law School of India University. This increases the total land lost by BU to 304 acres. According to university officials, land has been given to several institutions: 81.2 acres to SAI, 38.2 acres to ISEC, 40 acres to the Ambedkar School of Economics, 31 acres (including the newly allocated seven acres) to the NLSIU, 20 acres to Kalagrama, and 15 acres to the Automatic Energy Institute, among others.

File photo of Jnanabharathi campus

As a result, BU now has less than 800 acres of land remaining. An internal report submitted by the university to the Bengaluru urban district administration states that approximately 75 acres of campus land have been encroached upon by various private individuals. The university is currently engaged in legal battles to reclaim this encroached land, with plans for a new survey to be conducted with the district administration's assistance before submitting to the court.

The report highlights that areas around the villages of Pantharapalya, Nayandahalli, Kenchenahalli, Mallathahalli, and Nagarbhavi have seen the highest levels of encroachment, with a private builder encroaching upon 35.20 acres in survey number 23. BU has also indicated that other private individuals and organisations are involved in encroachments. There are growing concerns that if the court does not return this land to the university, the campus area could shrink to around 720 acres.

Government's stance to BU's opposition

The trend of transferring campus land to various institutions has faced continuous opposition and protests from the university's administration, faculty, non-teaching staff, and students. However, the government has remained indifferent to these protests and continues to direct the university to allocate land. University officials, unable to resist governmental directives, often find themselves compelled to approve proposals related to land transfers in syndicate meetings, acting under pressure. — BMB

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Claims in anonymous letters cast worrying hue over khaki

Cops write to higher authorities anonymously with allegations of graft, abuse against police station house officers

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Police constables have written about their senior harassing and embarrassing his subordinates

Ramamurthy Nagar Police Station House Officer gives royal treatment to accused after taking money from them while Sadashivanagar Police Station House Officer gets black coffee and a body massage from a masseuse.

These are some startling claims in two anonymous letters penned by policemen of Ramamurthy Nagar and Sadashiva Nagar Police Stations. The letters went viral on social media, creating a buzz among the policemen, who allege they are being ill-treated by their higher-ups, especially Station House Officers.

The letter dated September 20, 2024, from police constables and police sub-inspector of Ramamurthy Nagar Police Station addressed to Commissioner of Police and other higher authorities including President of India, Chief Minister, alleges Station House Officer Muthuraj has been indulging in corruption and harassing his subordinates. The letter goes on to say that Muthuraj, instead of taking action against people arrested for crime, is giving them royal treatment after taking a huge amount of money from them. It also goes on to say Muthuraj uses bad language in the police station.

"We have been suffering a lot due to rampant corruption and ill-treatment by our higher authorities at the police station. We cannot complain against our immediate higher authorities to the Commissioner of Police or Deputy Commissioner of Police. We have no other option than writing an anonymous letter to the Commissioner of Police and other authorities," said an assistant sub-inspector on the condition of anonymity.

A police constable, pleading anonymity, said that Station House Officer Muthuraj has not taken action against a few men, who chased and attacked policemen near Horamavu Traffic Signal, allegedly under the influence of drugs.

The policemen and the police sub-inspector appealed to the Commissioner of Police to take action against a few police constables including writer Doddarangappa for making false complaints against sincere constables and telling lies to Station House Officer Muthuraj against them.

The anonymous letter from police constables of Sadashiva Nagar alleges that they have been suffering due to Station House Officer Girish's attitude and behaviour. The letter states that Girish ill-treats policemen from North Karnataka and other regions posted at the station. The police constables said that Girish has engaged a few police constables to collect money from massage centres. It states that Girish embarrassed women police constables who requested him to sanction maternity leave. "A few police constables who are in Girish's good books have to supply black coffee, tender coconut water, and facilitate body massage by a masseuse," the letter reads.

> **We have been suffering due to rampant corruption and ill-treatment by our higher-ups at the police station**
>
> –Assistant sub-inspector

Commissioner of Police B Dayananda told BM that he has received an anonymous letter against Ramamurthy Nagar Police Station Inspector Muthuraj. "The Additional Commissioner of Police is conducting an inquiry. It is in progress. As far as the anonymous letter from police constables of Sadashiva Nagar Police Station, I have not received it," said the Commissioner of Police.

Deadly cracker prank: Man dies of burn injuries

A 32-year-old labourer was killed after he sat on a container filled with a box of crackers after he was given a challenge to do so by his friends, in Weavers Colony under the Konanakunte police station limits.

Police said the man identified as Shabari was drunk when his friends challenged him to sit on the box full of crackers and offered him an auto-rickshaw as a reward. As soon as he sat, they lit the box, and Shabri fell on the ground. He sustained multiple burn injuries due to which he succumbed on Saturday.

This whole incident was captured on a neighbour's CCTV camera. The police have booked the prime accused Naveen (26) and his friends under section 105 (culpable homicide not amounting to murder) and section 288 (negligent handling of explosive substances). — BMB

Burglar nabbed: 103 gm gold, cash seized

The Kalasipalya Police have arrested a notorious burglar linked to six multiple house and jewellery thefts cases across the city, recovering 103 grams of gold jewelry valued at approximately 8 lakh, along with cash. The operation, conducted on October 24, led to the arrest of Ramu Bin Mammi Korasar, 37, a resident of Narayanpur Village.

The investigation commenced after a complaint filed by Latesh Bagarecha, a local shop owner, who reported a break-in at his shop on October 9. According to the complaint, Bagarecha had secured his shop at around 9.30 pm the previous evening, and found the lock broken and cash stolen when he returned the next morning. Following the complaint, Kalasipalya Police launched a detailed inquiry. During questioning, the suspect revealed his involvement in multiple burglaries across the region. — BMB

HC gathers info on barred courtroom videos online

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The High Court has initiated measures against unauthorised broadcasting of court proceedings on social media platforms and YouTube channels. The court's computer division is presently collecting information about these accounts to create a detailed report.

Several channels persist in sharing courtroom videos across YouTube, X (previously Twitter), and Facebook, defying the High Court's explicit directive against live streaming. Oftentimes, these outlets have been found to manipulate the footage with unauthorised captions and deceptive thumbnails, compromising the court's procedural sanctity.

The High Court's computer division has identified more than 10 YouTube channels that have transmitted court sessions without authorisation. The compilation includes channel identities, broadcast content, and corresponding URL addresses. This information will be submitted to a bench shortly. The court has also communicated with Google and YouTube's legal representatives regarding these infractions, suggesting suitable enforcement actions.

Public viewing of court sessions increased substantially during the covid-19 lockdown when live streaming became prevalent. This development has resulted in unauthorised broadcasting and recording by news outlets and YouTube channels, leading to widespread circulation of court proceedings on social media.

Following a controversial incident involving a judge's remarks during proceedings, the High Court implemented a cautionary notice preceding live streams in September, warning viewers against unauthorised recording or sharing. Subsequently, the Advocates Association Bengaluru submitted a petition requesting the central government to restrict live broadcasts of court proceedings on individual accounts and platforms.

On September 24, a single-member High Court bench reviewed the petition and issued directives for the immediate takedown of court proceedings that were live-streamed on YouTube, Facebook and X. The bench emphasised that private platforms are not authorised to utilise these livestream recordings and all parties must comply with the 'Karnataka Court Proceedings Live Stream and Recording Rules 2021'.

Many activists had deemed the order a blow to transparency.

> **The High Court's computer division has identified more than 10 YouTube channels that have transmitted court sessions without authorisation**

An open letter by Campaign Against Hate Speech, Karnataka demanding appropriate action the judge involved in the controversy had said, "Advocates Association of Bangalore has baselessly demanded that the live streaming be stopped so as to not bring disrepute to the institution of judiciary. Instead of demanding accountability for hateful remarks, they have alleged that the circulation of the video of the live stream will "totally damage the image in public of courts."

Vehicle sales triple in K'taka; rural areas matching trend

On average, every Bengalurean owns at least one vehicle, while in other parts of Karnataka, there is roughly one vehicle for every three residents

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Till now, vehicles were seen mostly in urban areas, while the vehicular density was relatively lesser in rural areas. While now even rural Karnataka seems to be catching up fast. In fact, over the past decade, vehicle purchases have tripled, reflecting a growing desire among people to own personal vehicles. This trend is now even visible in rural areas, with new cars and bikes frequently hitting the roads.

Urban-rural trending

In 2013-14, Karnataka had approximately 1.63 crore vehicles. As of October 31, 2024, this number has increased to 3.27 crore, showing a 130% growth. The transport department reports that two-wheelers constitute the largest portion of this growth, followed by cars and passenger autos. Vehicle registration remains a significant revenue stream for the state, with the government treasury benefitting from the rise in vehicle sales. However, the increase in vehicle numbers has led to worsening traffic congestion, parking issues, higher pollution levels, and adverse health effects for residents. Sources said that easy vehicle loan options provided by banks have further fuelled this surge, encouraging people to buy new vehicles as soon as they can afford one. Many are keen to own not just one but multiple vehicles.

Massive crowd at a car show room in Bengaluru (File photo)

Growth outside Bengaluru

Over the past ten years, vehicle numbers have grown threefold in areas outside Bengaluru, while the city itself has seen a doubling in vehicle count. In Bengaluru, the number of registered vehicles has risen from 60 lakh in 2013-14 to 1.2 crore now. On average, every Bengaluru resident owns at least one vehicle, while in other parts of the state, there is roughly one vehicle for every three residents. Presently, Bengaluru registers around 6,000 new vehicles daily, and at this rate, vehicle numbers could surpass the city's population within the next five years.

Reasons behind surge

The primary reasons for rising vehicle numbers in Karnataka and Bengaluru include higher incomes, improved infrastructure, and the perception that owning a two-wheeler or car is a necessity. During the COVID-19 pandemic, people preferred private vehicles over public transportation for safety, which further boosted vehicle purchases, according to traffic experts.

In 2013-14, Karnataka had approximately 1.63 crore vehicles. As of October 31, 2024, this number has increased to 3.27 crore, showing a 130% growth

Looking at the statistics, the state recorded 1.35 crore vehicles in FY 2011-12. By 2015-16, this number surged to 1.95 crore, marking a 44% increase in just four years. This rising trend continued as the vehicle count reached 2.72 crore in 2020-21, a notable 39% growth over five years. The acceleration slowed slightly but remained significant, with 3.03 crore vehicles recorded in 2023-24, reflecting an 11% rise from the previous figure. Projections for 2024–25 estimate an increase to 3.27 crore vehicles, which would represent an 8% growth over one year.

The sale of electric two-wheelers in Karnataka has increased by nearly 12% in the ongoing financial year as compared with 2022-23.

Fish kill, foul smell now common at Rampura lake

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The restoration work at Rampura Lake, undertaken by the Bruhat Bengaluru Mahanagara Palike (BBMP), is moving at a snail's pace, with delays causing concerns among regular lake visitors and residents. On Monday, several walkers at the lake noticed a disturbing sight of a number of dead fish floating in the water, adding to the worries about the lake's poor condition.

While the BBMP has begun planting trees around the lake, much of the crucial work remains unfinished. The railing or fencing around the lake has yet to be completed, and many visitors say that the lake area now emits a foul smell.

Mithun, a regular walker at Rampura Lake, explained that the recent heavy rains led to sewage water from the nearby rajakaluve (stormwater drain) flooding into the main lake. "The rajakaluve entry to Rampura Lake is very low-lying, which allows polluted water to enter the lake. It's an unfortunate reality of Bengaluru's urbanisation without proper planning," Mithun remarked. He also highlighted that the rajakaluve, originally designed to carry rainwater, now transports sewage due to unauthorised waste connections from surrounding apartments and housing complexes.

Adding to these issues, the lake is covered in weeds. "Only four people are working manually to clear the weeds," said Mithun, who noted that the slow maintenance efforts make it difficult to keep the lake clean. Raghavendra B Pachhapur, a lake conservationist, criticised the BBMP's lack of oversight on pollution at Rampura Lake. "BBMP has failed to monitor the lake inlets properly. They need to review water quality reports generated by the Karnataka State Pollution Control Board (KSPCB) and act promptly to control pollution," Pachhapur stated. He added that while KSPCB identifies pollution sources at lakes, this alone is not enough to maintain clean water, and stricter action against polluters is essential.

Pachhapur also stressed that the Department of Fisheries should intervene when water conditions become unsuitable for fish and wildlife. "Otherwise, fish are raised in polluted water, risking both the fish population and public health," he said. Rampura Lake has been classified as Class E by authorities, meaning its water is unsafe for fish and wildlife. A survey done by the Action Aid Association indicates a rising number of fish deaths across Bengaluru lakes in recent years. Between 2017 and 2021, only four to six fish kill incidents were reported annually. However, this number spiked to 17 in 2022 and 20 in 2023.

(Left) Rampura lake; (Right) Dozens of fish dead due to poor quality

Similarly, a large number of fish were found dead at the Basvanpura lake on Monday, upsetting many lake activists, and they have questioned the BBMP and KSPCB for not taking action to identify the reasons for the rise of fish kills.

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Open sump

Vijinapura

There is no sump cover at the entrance of Kempegowda Park in Vijinapura, and several pieces of equipment are broken and in need of repair.

Overgrown trees

Kithiganur

Approximately six to seven trees near the Union Bank of India in the Kithiganur area of TC Palya require pruning as they are overgrown.

Uncleared garbage

Austin Town

Garbage has not been cleared from Bettappa Garden in Austin Town for over a week, increasing hygiene-related concerns among residents.

Post-Deepavali rush causes traffic chaos in Bengaluru

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The glow of the Diwali celebrations is now marred by the relentlessly slow movement of vehicles as the city grapples with the aftermath of a four-day holiday. The return of thousands of vehicles has turned major routes into congestion hotspots at the entry point, with the stretch between Sira and Bengaluru bearing the brunt of the delays.

On Monday morning, choke points throughout the region, especially near Majestic, Goraguntepalya, Old Madras Road, and Mysore Road, became infamous for gridlock, with traffic speeds plummeting to a frustrating 10 km/h. The surge in traffic resulted in vehicle queues stretching three to five kilometres in several areas, leaving both drivers and passengers feeling the strain of an interminable wait. Many heading to their offices, particularly those travelling to Hebbal and Manyata Tech Park, also experienced slow-moving traffic.

Nikshith, a two-wheeler commuter who travelled from Hassan to Bengaluru after the Deepavali festival, told BM that it took him one hour to travel from Nelamangala to Goraguntepalya, while he covered Hassan to Nelamangala (140 km) in two hours. Commuters expressed their frustration as they sat idle in their vehicles, with many taking to social media to vent about their experiences. J Srivatsa, a BM reader, said, "I reached Madavara around 8:20 am, and it was chaos! Mondays are usually busy, but today was on another level. People were pouring in from all directions. I informed my boss that I'd work remotely and logged in from home. Feeling bad for those who didn't have that option and had to travel to the office in that mad rush."

Rush at Nagasandra Metro Station on Monday

Meanwhile, long lines snaked outside the Nagasandra Metro Station on the Green Line on Monday morning, with many commuters waiting over an hour just to board a train. Pictures capturing the one-kilometre line outside the metro station went viral on social media, sparking discussions about the need for improved public transport solutions.

According to a release from BMRCL (Namma Metro), after the holidays and long weekend, Nagasandra Metro Station saw an influx of 15,800 passengers between 6 am and 11 am, compared to the usual 11,000 passengers. Rajath Joshi, a commuter who shared the images on X, posted, "Absolute chaos at Nagasandra Metro! Queue extending till Kennametal entrance (1 km). Had the Green Line extension till Madavara been inaugurated, this could easily be avoided! Politicians' apathy, citizens suffer!"

Traffic violations: 357 cases booked in 1 day

Over 1,196 traffic violation cases registered in week-long operation in city, ₹5,98,000 collected in fines

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FILE PHOTO

Bengaluru Traffic Police (BTP) Traffic West Division intensified its crackdown on traffic violations efforts on Monday by specifically targeting violations such as triple riding, one-way entry breaches, footpath parking, double parking, and other infractions.

A total of 357 cases were registered, resulting in a collection of Rs 1,90,800 in fines on Monday alone, namely 19 cases of triple riding with a fine of Rs 9,500; 249 cases of one-way/no-entry violations with a fine totalling Rs 1,25,500; 44 cases of footpath parking with fines of Rs 26,000; six cases of footpath riding (Rs 3,000 in fines); and 53 cases of double parking, accumulating fines of Rs 29,800.

Over the course of this week-long operation, authorities documented a total of 1,196 violations against drivers and riders who flouted the established traffic rules, with Rs 5,98,000 collected in fines. In conjunction with these efforts, the BTP also initiated a special drive targeting drivers and riders under the influence of alcohol and those exceeding speed limits.

This city-wide crackdown involved traffic officers from 50 police stations, marking a collaborative effort to tackle two of the most pressing issues contributing to road accidents. During this operation, a staggering 18,502 vehicles were checked, resulting in 394 cases registered for drunken driving and 128 cases for speeding.

Route blocked from Vidyanagar Cross

White topping work is currently underway from Vidyanagar Cross towards VNSIT, resulting in the blockage of this route from Tuesday to November 14. Commuters are advised to use alternative routes.

For those travelling from Vidyanagar to Uttanahalli, the recommended path is via the BMW Car Showroom, Shakthinagar, Oxford School, Billamaranahalli, and Telecom Layout to reach Uttanahalli Main Road. Commuters can use the Chikkjala underpass at Moon Gate to arrive at Bagaluru. When heading from Uttanahalli Main Road to Vidyanagar Cross, drivers should take the Hosahalli Hunasamarahalli underpass. For those going from Vidyanagar to the Bagaluru Industrial Area, the route through the Chikkajala underpass, Kote Cross, and Doddajala is advisable. Buses and goods vehicles should take Bagalur Cross-Reva Junction-Satanur-Bagaluru road.

Near HAL Airport

The BTP has announced a road closure on Devarabisanahalli Sakra Hospital Main Road from Myntra Apartment to Bellandur Kodi, effective Tuesday for a duration of 60 days for white topping work in the area.

Motorists travelling towards Devarabisanahalli and Bellandur from the Yamalur side can take the route via Old Airport Road on ORR. From Yamalur towards Kadubisanahalli and Devarabisanahalli take left at Yamalur Kodi and proceed via Old Airport Road and Yamalur Junction to reach Yamalur Village, then continue towards Kadubisanahalli and Devarabisanahalli via Kariyammana Agrahara Road. From Yamalur towards the ORR, a right turn at Yamalur Kodi is advised, followed by Old Airport Road leading to the ORR via Bellandur Village Road. From Devarabisanahalli and Bellandur to the city take a left onto the ORR at Kadubeesanahalli Bridge and proceed via Marathahalli Bridge.

Exploring AI-driven solutions for traffic woes

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The Consortium of Corporates in Research and Education (CCIRE) organised an Urban Mobility Walk in Cubbon Park on Monday to address growing traffic issues in Bengaluru. This walk-through in a busy part of the city provided an opportunity for real-time observations and meaningful discussions on easing congestion, improving commuter safety, and making daily travel smoother for Bengaluru's residents. Joint Commissioner of Police (Traffic), MN Anucheth, joined people from the city's corporate and IT sectors for the event.

The gathering highlighted the critical role that artificial intelligence (AI) could play in improving Bengaluru's traffic. According to Anucheth, AI systems are already being implemented through the Bengaluru Adaptive Traffic Control System (BATCS), which adjusts traffic signals based on real-time data. Moving forward, AI will likely expand to offer predictive analytics and such technology has the potential to help manage peak-hour congestion, streamline accident responses, and improve overall road safety.

He noted that corporates have a large influence, especially among their employees and with their backing messages can reach a wider audience, helping build a community of responsible and aware drivers. Anucheth further stated that by encouraging work-from-home options, carpooling, staggered work hours, or flexible schedules, corporates can help create a more balanced flow of traffic throughout the day.

"By sharing data on employee travel patterns, corporates can help us understand and address congestion around corporate hubs. Additionally, IT firms with expertise in AI and data science can offer technical support, whether through joint projects, mentorship, or temporary deployments of their AI teams to help us refine and expand our predictive models. Corporates could also sponsor pilot projects or fund research to develop AI apps specific to Bengaluru's unique traffic conditions. This partnership could speed up our progress significantly," he said.

He further emphasised the value of an AI-traffic app that would provide real-time updates and alternate route suggestions, allowing commuters to avoid congested areas. This app could integrate with the city's traffic control centre to deliver timely traffic information, so corporates could support this by developing or enhancing such applications.

6 able names for wildlife board recommended, but all rejected

RTI reveals nominations sent by Chief Wildlife Warden to Additional Chief Secy of Forest Dept; conservationists say state govt has ignored names chosen earlier too

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Forest officers guard themselves with clubs as a precaution during operation leopard at Ukkalagere Hills in T Narasipura

In November last year, the Karnataka Forest Department (KFD) recommended six names of conservationists, environmentalists, and non-government organisations to be nominated as members of the Karnataka State Board of Wildlife (SBWL). Responding to Right to Information (RTI) queries, the department informed that the nominations were sent from the Chief Wildlife Warden of Karnataka to the Additional Chief Secretary of the Forest, Ecology, and Environment Department.

However, none of the six recommendations were considered by the state government, rekindling the debate concerning the appointment of members in the recently constituted SBWL. Recommendations for three independent members included Ajay Mishra, a retired forest official; Giridhar Kulkarni, a wildlife conservationist; and Shivprakash NC, an honorary wildlife warden.

As per information provided by the department, while Mishra spent more than 30 years in forest and wildlife protection, conservation, and management in Karnataka, Kulkarni worked with the department on various conservation-based activities such as the declaration and expansion of protected areas like tiger sanctuaries, reserves, and conservation reserves. He also provided policy inputs on mitigating human-wildlife conflict, illegal wildlife trade, and reducing fragmentation of wildlife habitats and corridors. Shivprakash was an honorary wildlife warden of Mysore from 2002 to 2014, apart from participating in elephant and tiger censuses, social forestry programs, and forest fire dousing activities, to mention a few.

Three recommendations made under the NGO category included Shakstiswaran, Vinod Kumar from AM Charitable Foundation, and Malleshappa from Swami Vivekananda Seva Trust.

"This is not the first time that the state government has ignored recommendations made by the forest department for constituting SBWL. While the Wildlife Act states that the members appointed in SBWL, which is a statutory body, should be eminent conservationists, ecologists, and environmentalists, it has been ignored on several occasions in the past. None of the 13 members that were appointed in the recently constituted SBWL were recommended by the department," said a city-based conservationist.

As per the Wildlife (Protection) Act (WLPA), 1972, which was amended in 2022, SWLB consists of the Chief Minister as chairperson, the Environment and Forest Minister as vice-chairperson, three members of the state legislature, three persons representing NGOs dealing with wildlife, and ten eminent conservationists, ecologists, and environmentalists to be nominated by the state government, apart from others.

The members are appointed by the government under the provisions of WLPA and guidelines prescribed by the Karnataka State Board for Wildlife Rules, 2006. These rules define how members are to be appointed and how the board functions.

The members of the Board advise the government in the selection and management of areas to be declared as protected areas, in the formulation of the policy of protection and conservation of wildlife and specified plants, and in measures to be taken for harmonising the needs of the tribal and other dwellers of the forest with the protection and conservation of wildlife.

> **"This is not the first time the state government has ignored recommendations of the forest department for constituting SBWL**
> – Conservationist

"SBWL members should have the required expertise and a proven track record in wildlife conservation. This ensures that the board fulfills its mandate effectively. Members also work in coordination with the forest department and should be able to grasp conservation issues such as the implications of the destruction of forest areas and wildlife. Recommendations by the department should have been considered to ensure better conservation decisions by the board," said an activist.

Lokayukta summons CM in MUDA case

The Lokayukta police have summoned Karnataka Chief Minister Siddaramaiah for questioning in the MUDA site allotment case on November 6, official sources said on Monday. They had on October 25 questioned his wife. Parvathi BM, who is also an accused in the case.

"We asked him to appear on Wednesday morning," a senior Lokayukta official told PTI. The CM is facing allegations of illegalities in the allotment of 14 sites to his wife by the Mysuru Urban Development Authority (MUDA). Reacting to Lokayukta police summons, Siddaramiah, speaking to reporters in Haveri district, said, "I will go..." Siddaramaiah, his wife, brother-in-law Mallikarjuna Swamy and Devaraju -- from whom Swamy had purchased land and gifted it to Parvathi -- and others have been named in the FIR registered by the Mysuru-located Lokayukta police establishment on September 27. Swamy and Devaraju have also deposed before the Lokayukta police.

The Chief Minister on October 24 filed an appeal before the division bench of the High Court, challenging the decision of a single judge bench in connection with the MUDA site allotment case. The bench had dismissed the CM's petition challenging Governor Thaawarchand Gehlot's approval for a probe against him in the case, observing that the gubernatorial order nowhere "suffers from want of application of mind". – PTI

JDS stages protest against Chief Minister Siddaramaiah demanding his resignation (file photo)

BM Trippin' Tales

First virtual safari experience at Shivamogga zoo

Immersive virtual safari is being launched in 3D theater-style bus which will give viewers real-life safari thrill

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Virtual reality (VR) is the latest tool for providing immersive, real-time experiences. Soon, a state zoo will offer visitors a VR-based adventure, allowing them to experience the ambiance of the forest and observe wild animals up close—all from the safety and comfort of a virtual environment.

For those eager to see tigers, lions, and leopards up close, a visit to the Shivamogga zoo will soon be enough—there's no need to venture deep into the forest. Starting early December, this innovative safari experience will be available, offering a first-of-its-kind adventure in the state. The zoo has converted two old buses, repurposed after the central government's ban on vehicles over 15 years old, with one bus now transformed into a virtual reality theater at a cost of around Rs 2-3 lakh. Visitors entering this 3D theater-style bus will experience the thrill of animals moving around them through VR effects, creating an immersive virtual safari.

An official from Shivamogga zoo said, "To capture animal activities, cameras are being installed in their living and roaming areas, including 360-degree cameras that document animal behaviour in the zoo. The recordings, available in the 30-seat 3D bus, will also be accessible to visitors, offering an engaging view of the animals both inside their enclosures and during outdoor activities. This unique educational experience is suitable for all ages, especially children, and is the first of its kind in Karnataka." He further said that this was an initiative to encourage more people to adopt animals, a popular programme across state zoos. Shivamogga zoo will now provide a 30-minute video showing the daily routines of the animals. This video will capture their feeding times, natural behaviour, and other activities, giving adopters a closer connection with the animals they support.

> **To capture animal activities, cameras are being installed in their living areas, including 360-degree cameras**

At crossroads, older couples choose to go their own way

Psychologists talk about factors surrounding phenomenon of grey divorce that has been on rise

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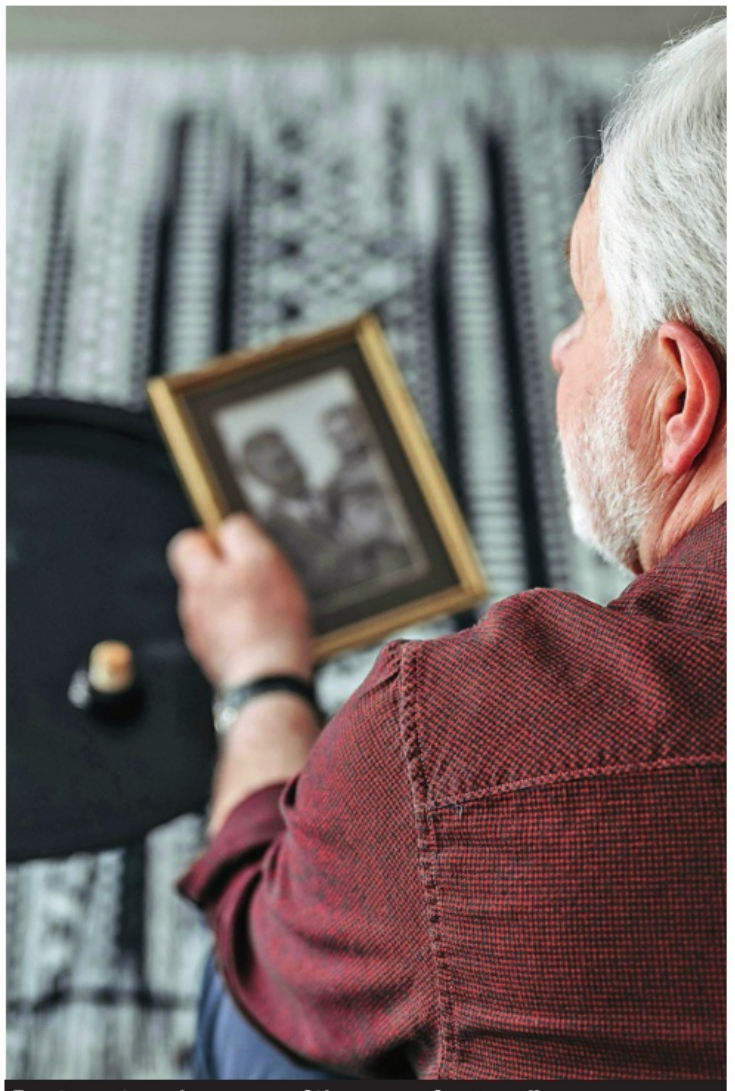
In recent years, there has been a notable rise in 'grey divorce', the phenomenon of older couples, typically aged 50 and above, choosing to part ways after decades of marriage. Dr Shilpi Saraswat, Clinical Psychologist at Sakra World Hospital, Bengaluru, revealed that according to a 2022 study examining historical patterns in grey divorce, the number of middle-aged and older persons divorcing has grown since 1970. Among those over 50, 8.7% of marriages ended in divorce in 1990. By 2019, that proportion had increased to 36%.

According to Dr Saraswat, financial issues, infidelity, and health issues such as a severe chronic illness can seriously strain a relationship. As people age they grow apart and one of the biggest factors contributing to grey divorce is the changes they go through and social developments.

"When children move out of the house, relationships can undergo significant upheaval, as couples could discover that their common interests are limited to their duty as parents, which is sometimes associated with 'empty nest syndrome'. Because of this, many individuals may find it difficult to feel close to others and may turn to looking for fulfilment outside of their relationships," she said, adding that maintaining health and wellness during grey divorce is very important.


Empty nest syndrome one of the causes for grey divorces

Neha Cadabam, Senior Psychologist and Executive Director at Cadabams Hospitals pointed out that over the past five years, they have observed an increase of approximately 20–25% in grey divorce cases among older adults seeking counselling and therapy at Cadabams Hospitals. She stated that several societal changes have contributed to the rise of grey divorces in India. "As education levels increase, particularly among women, there is greater financial independence, allowing individuals to make choices that prioritise their well-being. Moreover, the influence of global media has shifted perceptions about marriage and divorce, making them less stigmatised," she said.

For instance, one such case involved a couple in their late 50s who had been married for over 30 years. Initially, they shared a strong bond, but over time, the husband became increasingly focused on his career, while the wife felt neglected and unappreciated. After their son left home to pursue his higher education, the couple found themselves living as strangers under one roof. "They sought therapy, where they explored their feelings of isolation and disappointment. Although they eventually chose to divorce, the therapy helped them transition into a cordial relationship, prioritising co-parenting and maintaining familial ties. With therapeutic support, the wife rediscovered her passion for art after her divorce, which not only helped her heal but also led to a fulfilling career in the creative field," said Dr Neha.

> **When kids move out, relationships can see upheaval, as couples may find that their common interests are limited to duty as parents** –Dr Shilpi Saraswat

The psychological impact of a grey divorce is often more profound due to the longer duration of the marriage and the deep emotional investments involved. "Older individuals may experience grief not only for the end of the marriage but also for the life they envisioned together. While younger divorcees often have the support of friends and family who can relate to their situation, older adults may feel isolated," she added.

July 16 landslide: PIL for rescue op closed

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The Karnataka High Court concluded a public interest litigation on Monday that sought Indian Army assistance for rescuing victims of the July 16 landslide on National Highway 66 in Uttara Kannada district, after receiving confirmation that conditions had normalised.

The court acknowledged Deputy Solicitor General of India Shanthi Bhushan H's report that recent rescue operations recovered one body and the missing lorry. He confirmed normal traffic flow had resumed and despite extensive efforts, two bodies remained unrecovered, leading to the operation's conclusion.

File photo of rescue operations at the Shirur landslide site

A division bench comprising Chief Justice NV Anjaria and Justice KV Aravind concluded the PIL filed by advocates Siji Malayil and Subhash Chandran KR, stating, "The court finds that all reasonable efforts were made and no further action is required. The government advocate has stated that in respect of two bodies not recovered the State Government has announced an ex-gratia of Rs 5 lakh each person and it is under process and would be paid within two months by completing all the formalities. In the above view the present public interest litigation is not required to be continued anymore. Proceedings are closed."

The petitioners had previously approached the Supreme Court, which on July 22 declined to consider the petition under Article 32 of the Constitution. The court permitted them to approach the Karnataka High Court in the city directly, requesting the Chief Justice for urgent consideration.

According to local accounts, the landslide debris trapped at least one truck and three cars. The petition highlighted concerns about the State of Karnataka and police authorities' perceived reluctance to promptly deploy resources and machinery for rescue operations.

IN BRIEF

Crackdown on single-use plastics: ₹1.4 lakh fine imposed

The Bruhat Bengaluru Mahanagara Palike (BBMP), in collaboration with the Bangalore Solid Waste Management Authority (BSWML), conducted raids on one godown and 12 shops in the southern zone, resulting in the seizure of 2,200 kg of single-use plastics and a hefty fine of ₹1.40 lakh.

The inspections targeted establishments utilising plastic products in violation of municipal regulations. During a visit to Rajalakshmi Packaging Godown in Padmanabhanagar, officials confiscated 600 kg of various plastic items, including gift wrapping, hand covers, plastic glasses, and silver-coated plates, imposing a fine of ₹50,000. Inspections at shops on KR Market and Avenue Road, including Leo Packing and Manu Marketing, led to the seizure of 1,500 kg of plastics, resulting in an ₹80,000 fine. An inspection on Mysore Road yielded 100 kg of plastic and a fine of ₹10,000. — BMB

B'luru youth stabs girl student in Telangana for 'rejecting' him

A 19-year-old college student was hospitalised, with injuries to her hand after a youth she had befriended her online, allegedly attacked her with a knife, in Medak district on Monday, for rejecting his romantic proposal, police said.

The incident took place when the first-year college student, from an open university came to take an exam at the Government Degree College. The accused, from Bengaluru, reportedly argued with her near the college before attacking her with a knife and fleeing the scene.

The student was admitted to a hospital. According to a police official, the victim knew the accused through a social media platform, and they had previously met in Bengaluru. — PTI

Chaos as auto turns mini-bar in Rajajinagar

A group of people in Rajajinagar has been allegedly turning their vehicles into mini bars, leading to violent altercations and public disturbances. Local residents are outraged as intoxicated drivers allegedly assaulted pedestrians and commuters.

The alarming situation came to light when a concerned social media user posted on X, tagging the City Police and DCP of West Bengaluru. The post shared that "intoxicated people have turned parked autos into mini bars", disturbing nearby houses and making it difficult for women to walk safely in the area.

Witnesses describe the chaotic scenes, with altercations spilling onto the streets. Residents, particularly women and children, feel increasingly threatened. — BMB

'Won't approach court over tax injustice'

Karnataka Chief Minister Siddaramaiah said on Monday that the Congress government is not contemplating to approach the judiciary over the alleged injustice to the state by the central government in terms of allocation of funds.

Answering a question by the media in this regard, Siddaramaiah stated, "We don't think that we won't get justice if we approach the court. As per the Constitution, once in five years, the Finance Commission will be formed and as per their recommendations, the funds will have to be released. The Commission will also recommend the share of state and the Centre."

CM Siddaramaiah further said, "The 16th Finance Commission has been formed. The representatives came to Bengaluru and also went to other states. We had highlighted the injustice in taxes by the 15th Finance Commission. We had told them the proportion of taxes given by the state. We are giving more than Rs 4 lakh crore in taxes to the central government.

In turn, we are only getting Rs 55,000 to Rs 60,000 crore. Is it justified? Is it correct?" IANS

Not the best use of taxpayers' money, say citizens

CONTINUED FROM PAGE 1

Send in proposals by Nov 7

For the project, BBMP has proposed Hemmigepura (Near NICE Clover Leaf) as the preliminary location for the project due to its connectivity to Tumakuru, Kanakapura, Mysuru, and Hosur. The location will also help minimise disruption of vehicular traffic during construction. The notice has invited objections and suggestions from the public regarding the preliminary location decided for the project. Citizens can also propose alternative suitable locations on or before November 7.

Reverberating the sentiments, other citizens also added that the proposed site does not have easy access to public transportation. This lack of connectivity could lead to reliance on private vehicles, thereby increasing traffic congestion, particularly on NICE Road, which is already prone to traffic jams.

"They should hold a public consultation to understand if citizens want a sky deck. A social impact assessment of the project should be conducted. Moreover, the government should consider spending this money to revise the rajakaluve network in the city.

The city is flooded in every rain and we should deal with these issues on priority. Bengaluru's more pressing issues are lack of planning and governance," Sandeep Anirudhan of Namma Whitefield.

Activists say the project is likely based on personal ambitions of individuals in power or stemming from a desire to leave a legacy with a political rubber stamp. However, it deserves to be evaluated through public opinion.

"The lack of a functioning city Metropolitan Planning Committee (MPC) as envisaged in our Constitution vide its subsequent amendments (the oft-repeated 74th to be precise) is telling. The MPC is the need of the hour for all stakeholders. Even the allocation of funds for a DPR towards this project is questionable under law, because every taxpayer rupee matters, especially since you are seeking loans from the World Bank and/or UNDRF to address the city's crumbling infrastructure given the recent flooding disaster in the city," said R Rajagopalan For Bengaluru RWA, a Federation of Bengaluru Residents Welfare Associations.

Turahalli forest at risk

Many have raised environmental concerns arising from the project. According to Jacob, the sky deck's proximity to the ecologically fragile Turahalli forest will threaten the biodiversity and ecosystem of the area.

"Turahalli plays a vital role in maintaining local biodiversity and provides a natural buffer against heat and pollution. Such projects risk long-term harm to fragile ecosystems.

Moreover, Bengaluru is already experiencing significant microclimate issues. A new construction project of this scale could contribute to the urban heat island effect and place additional stress on water resources, worsening the city's climate challenges.

Instead, priority should be given to sustainable urban planning to address these pressing environmental issues," he added.

Lack of equipment glaring oversight: Rights activists

CONTINUED FROM PAGE 1

site in-charge Santhosh and have also booked them under other sections of the Industrial Safety Act. The police are yet to arrest the owner of the Asha sweet centre, who is absconding. This renowned sweet shop has 18 outlets in the Bengaluru city.

This incident highlights the persistent issue of manual scavenging, a practice officially banned in India under the Prohibition of Employment as Manual Scavengers and their Rehabilitation Act, 2013 (PEMSR) with stricter amendments introduced.

Why does it continue?

The law mandates that no individual be made to manually handle human waste or enter hazardous spaces like sewage or septic tanks, as these pose severe health risks and, as evidenced here, can lead to fatalities. In cases where cleaning is necessary, the law requires employers to ensure that workers use mechanised tools and have adequate safety measures, such as protective gear and access to trained personnel for such hazardous tasks.

However, many human rights activists argue that many such incidents remain unreported, primarily due to poverty. Often, unemployed individuals, when offered as little as Rs 500, are compelled to take on such work purely for the money. In contrast, manual cleaning is cheaper, leading owners of establishments to choose it.

Basawa Prasad Kunale, a practising advocate in the High Court, explained that manual scavenging remains tied to caste, as this work is often limited to certain communities due to the historical link between caste and occupation.

"Although technologies exist as alternatives to manual scavenging, they are not effectively adopted or implemented, reflecting society's mindset and lack of commitment to eradicating this practice. This gap has made it easier to hire individuals for tasks like cleaning pit holes and sewers, and many, out of financial need, take on these hazardous jobs," he said.

He added that tragically, some believe that consuming alcohol will protect them from the toxic fumes, and prioritising immediate earnings over long-term health, they take up the job. "The system bears responsibility to uphold the dignity of all workers and to ensure that mechanised tools are implemented effectively," he said.

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I Raju Ashok Trivedi S/O. Ashok Kumar Trivedi R/o #3. His Grace Nest, 5th Cross Road. Opposite Post Office, Lingarajapuram, Bangalore - 560084, Karnataka have changed my name to Raj Ashok Trivedi.

I Kirthana R/o Veerabhadranapalya, No 1698, 10th Ward, Doddaballapura, Bengaluru Rural, Karnataka-561203.Have Changed my name from Kirthana to Keerthana B M for all purposes.

I, CHETAN PISSAY GUNASHEKAR S/o Gunashekar Pissay Narayana Rao Residing at No.292/A, 9th Main, 2nd Cross,Rajiv Gandhi Nagar, Nandini layout, Bengaluru – 560096 have changed my name from CHETAN PISSAY GUNASHEKAR to CHETAN RAO PISSEY vide affidavit dated 24.10.2024 sworn before Notary S.R. Paramashivaiah, Bangalore.

I, Amod Kamat, S/o Ramesh Madhav Kamat, R/o SF1, TG Aabharan, Yelenahalli Main Road, Akshayanagar, Bengaluru have changed my name to Amod Ramesh Kamat for all purposes.

I Shobha Srinivas W/o R. Srinivas R/o #09 1st Floor 1st Cross, near Commercial Street Kamaraj Road B'luru-560042 have changed my name to Shobha. M.A for all purposes.

I, Balakrishnan Vijay, R/o Jayanagar, Bengaluru affirm that my daughter Srividya, age 5yr, will henceforth be known as Srividya Balakrishnan.

I, Nikhil K S/o Kiran Ramusa R/o 561 16th Main Road 3rd Stage 1st Block Manjunath Nagar,Bengaluru North,B'luru 560010 have changed my name to Nakhul K P for all purposes

I, Irashad Begaum, R/at No.177, 2nd Main Road, 2nd Cross, H B R B D A, 1st Stage,1st Block, Kalyannagar, Bangalore - 560043, have changed my name to Irshad Begum, For All Purposes.

I, RUKSANA W/o NOOR AHMED Residing at 46/2, 2ND FLOOR, 6TH CROSS, ANEPALYA, NEELASANDRA BENGALURU 560047 have changed my name to RUKSANA BANU for all purposes

I Puneeth Kongadi N R/o No 1178, 14th Ward, Kucchappanapete, Doddaballapura, Bengaluru Rural, Karnataka-561203. Have Changed my name from Puneeth Kongadi N to Puneet Kongadi N for all purposes.

I, Makbul Jaan W/o Shaik Pyare Jan R/o No.28/29, 8th cross, HSR Lyt, 7th cross, Madinanagar, Bengaluru 560068 have changed my name to Maqhbool Jan Affidavit Dt.04/11/2024 notary Harisha G, B'luru

I, DIVYA S KOTESHWAR resident At NO GF-04, Paripurana Residency, Behind Elumandamma Temple, Hebbal Kempapur, Bangalore- 560024, have changed my name to DIVYA PRAKASH vide affidavit dated 29.10.24 Sworn before notary: D. Sarala Kumari, Bangalore

LOST & FOUND

I Manoj Nayak r/o Jai Galaxy apartment,Kodigehalli main road, Ayappanagar Bangalore have lost my Diploma certificates passing of 2005,reg no 038960/0 #9341336832

GALLERIA

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HEALTH TIP: Eating foods rich in antioxidants, omega-3 fatty acids, and vitamins such as B and C can help reduce stress

Choose a workout you enjoy – whether it's yoga, walking, dancing, or strength training – and stick to a routine

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MIXED SIGNALS

Communication problems can be sign of mental health disorder

Human interactions are complex and come with their share of disappointments. This can be the case, for instance, when a loved one doesn't react to our distress or joy the way we wish they had. Communication accidents happen!

Psychiatry teaches us, however, that if these mishaps occur over and over with the same person, it might not be because the person lacks good intentions. It could be the result of a change in their social cognition.

A growing number of studies are establishing a link between social cognition and different psychiatric conditions. Reactions that are normal for most people, such as showing concern for a person who expresses sadness, may be absent in others.

For some, a situation or interaction that seems very basic might lead to a misinterpretation, which in turn could provoke behaviour that is inappropriate or inadequate. If these kinds of errors happen often, this might be due to impairment of a key cognitive skill: social cognition.

Social cognition is mainly about our ability to decode emotions and understand the beliefs and intentions of people around us. Determining whether this cognitive skill has been affected by a psychiatric illness, or by another disorder, is essential in order for the person to be able to respond appropriately to the problems they encounter, and to limit potential harmful effects.

An emerging field of research

As an assistant professor of psychiatry at McGill University, I conduct research on psychiatric disorders in order to study cognitive impairment, its impact and possible solutions. My work is part of a growing field of research into the relationship between social cognitive disorders and mental health disorders such as depression, bipolar disorder and schizophrenia. Varying degrees of impairment of social cognition have been observed in all these disorders.

The different signs of impaired social cognition must be taken seriously. The problem not only affects an individual's understanding of the world, but disrupts communication with the people he or she meets every day.

It's possible to spot these signs when interpreting a real-life situation or a fictional film. Someone suffering from cognitive impairment may be the only one who doesn't understand the innuendo of the main character in a favourite TV series, or the double meaning of a remark made during a discussion between colleagues.

An impact on everyday life

A literature review I carried out with colleagues a few years ago showed there were connections between impairment of social cognition in people living with bipolar disorder, and how they functioned in everyday life. In other words, the more social cognition is impaired, the less likely the individual will be able to function well in everyday life.

Since then, our work, as well as that of other teams, has shown that social cognition impairments mediate the relationship between cognitive problems (e.g. memory) and clinical symptoms. Indeed, in disorders such as schizophrenia and certain types of bipolar disorder, memory is frequently affected.

These impairments occur early in the course of the disease and are associated with loss of motivation, withdrawal and difficulty expressing emotions. Impairments of social cognition, such as difficulty identifying one's own emotions and those of others, and in understanding oneself and others, are at the heart of this process. It's through understanding these that we can propose care solutions.

Improving cognitive skills

Several proposals have been developed to support and improve these skills.

Some interventions, for example, include exercises to improve social cognition and memory. These may involve the patient correctly recognizing emotions expressed by another person, or correctly interpreting the beliefs or intentions of others, which then enables him or her to read more complex situations.

Other interventions allow the patient to become aware of the way he or she thinks, by integrating social cognition. An exercise may present a story in which the characters' motivations are only gradually revealed.

For example, a young girl offers chocolates to an elderly woman, who thanks her with a smile. Once the girl has left, the lady expresses disgust and throws the box in the garbage can. After a few months, the girl returns with a new box of chocolates. The questions will then focus on the girl's beliefs and the reaction she could expect from the elderly lady.

This type of exercise, where the complexity increases, can help an individual gradually become aware of his or her difficulties and then find strategies that lead to solutions. Such a program, initially developed for schizophrenia, has proven effective and is now recommended for a number of psychiatric disorders. For schizophrenia, a recent meta-analysis showed sustained improvement over one year in symptoms, self-esteem and functioning.

Most of these programs take place in a care environment in the presence of a therapist. Practical exercises then enable people living with social cognitive disorders to introduce these skills into their daily lives. Indeed, interventions that support social cognition involve rapidly applying the proposed strategies in everyday life, so that they are useful and sustainable over time.

Accessibility to be improved

Numerous efforts are being made to make this type of care available to a wider public, notably through the use of digital tools. For example, since the pandemic, our team has proposed videoconferencing groups for people with severe mental health problems as part of a research project. The people who took part in these remote interventions found them both feasible and satisfying, and their well-being improved as a result.

For the loved ones of a person living with a mental health disorder, a better knowledge and understanding of these processes is also useful. It is important for friends and family to understand that they are not dealing with a malicious person who is deliberately trying to hurt or misinterpret them, but with a person who is suffering.

Schizophrenia is one of the most incomprehensible disorders for families, so programs exist to help improve intra-family communication (e.g., AMI Québec). These programs support the maintenance and quality of relationships, even if they do not specifically target social cognition.

A great deal of research and clinical work is being carried out to understand the mechanisms of social cognition and help people living with a mental health disorder to recover. Although a lot of work remains to be done in adjusting to individual situations, real advances are being made.

(By Delphine Raucher-Chéné, McGill University, The Conversation)

All you need to know about...

Sitting ducks

Big risks
Amid concerns that sitting is the new smoking, a new study showed that being sedentary for over 8.5 hours daily or 60 hours a week while commuting, in office, or at home can make you age faster and raise significant health risks.

Light activity no buffer
Importantly, the study showed that a young age or 20 minutes of moderate activity like walking cannot buffer the effects. Instead, vigorous activity like running or cycling for 30 minutes daily can help, but not completely.

Do more, sit less
Chandra Reynolds, Professor in the Department of Psychology and Neuroscience at the University of Colorado Boulder in the US, said that "sitting less throughout the day, getting more vigorous exercise, or a combination of both may be necessary to reduce the risk of premature ageing in early adulthood".

'Look older'
The team analysed more than 1,000 people with an average age of 33, and included 730 twins, to explore how prolonged sitting impacts cholesterol and body mass index (BMI) in young adults.
The participants logged 9 hours of sitting daily while engaging in moderate physical activity between 80 and 160 minutes.
The results, published in the journal PLOS One, noted that "the more one sat, the older one looked".
Further, the team said that young adults who sat 8.5 hours per day and performed at or below current exercise recommendations could be in a "moderate to high risk" category for cardiovascular and metabolic disease.
"Taking a quick walk after work may not be enough," said Reynolds, noting that the "associations are already emerging in early adulthood." —IANS

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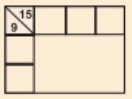
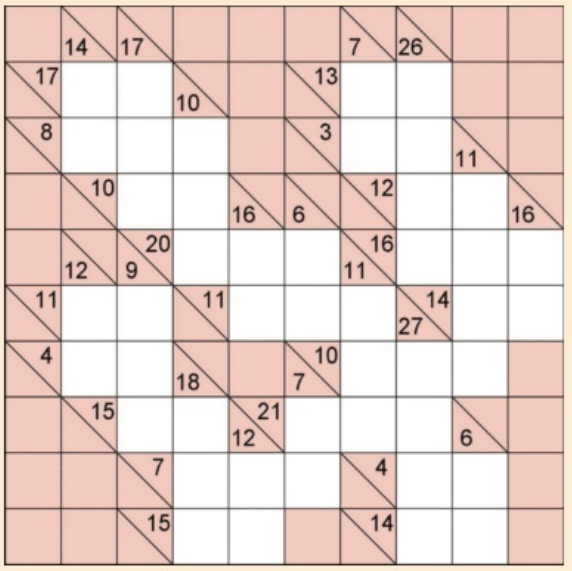
facebook.com/theBangaloremirror
@BangaloreMirror

Kakuro

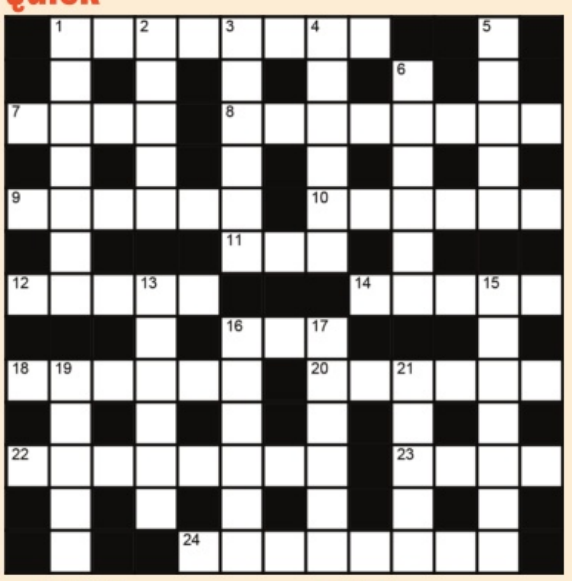


The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Deliberate damage (8)
7 Television award (4)
8 Motherly (8)
9 Moral and social decay? (3-3)
10 Strikes lightly (6)
11 Loutish dolt (3)
12 Handles of swords, daggers etc. (5)
14 City in Japan (5)
16 Hawaiian garland (3)
18 Singer ___ Estefan (6)
20 Contemporary (6)
22 Medieval church (8)
23 Frees or relieves from (4)
24 Dispensary (8)

DOWN

1 Japanese warrior of yore (7)
2 Purchaser (5)
3 Ketchup is made from it (6)
4 Disembarked (3,3)
5 Small meal (5)
6 Coaches (6)
13 Root vegetable (6)
15 Karnataka's first Chief Minister (1,1,5)
16 Extravagant, expensive or excessive (6)
17 Weaken (6)
19 Rental contract (5)
21 Hindu goddess of war (5)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: U EQUALS T

YX XYO PRRCONHPUOM UFO DOCS MRONHPV ZOYHJM XL SXJC NXYDOCMPUHXY PM UFO QXZ QXOM.

Linemaro

Would you like to dance?

Mindchow

The past may hurt, but you can either run from it or learn from it

Joke of the day

Rajinikanth doesn't go on the Internet, he has every linternet site stored in his memory. He refreshes webpages by blinking.

Loop

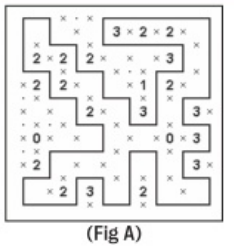
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

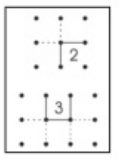
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

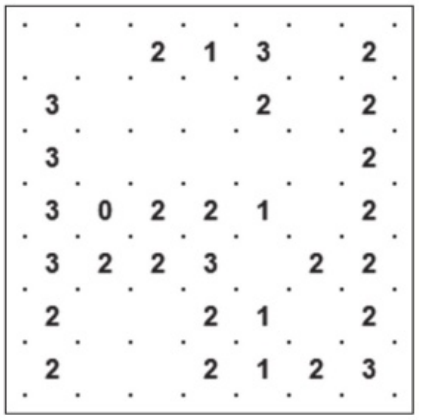
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



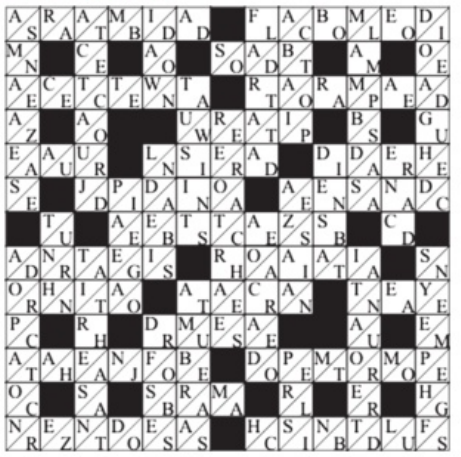
(Fig A)



(Fig B) Not Allowed



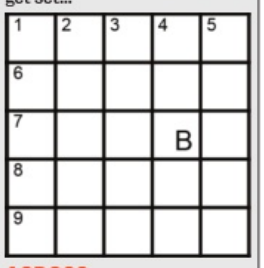
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

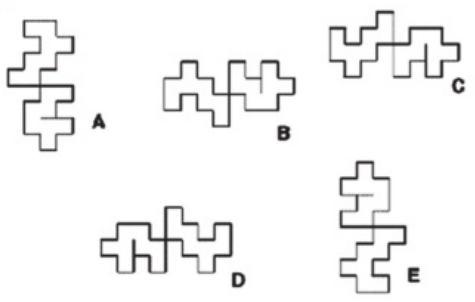
1 H cord; 6 Irk he; 7 Arab a; 8 Apery; 9 Grist

DOWN

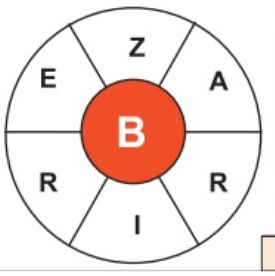
1 Ratch; 2 Herr I; 3 Pia OK; 4 Barge; 5 As dry

Mensapuzzle

One of the figures on the right is different from the other four. Which one:



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

07 Average; 08 Good; 10 Outstanding

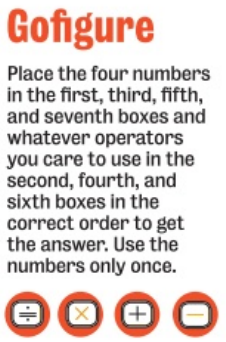
SudokuChallenge

			9					5
9		5	7				2	
8	6			2	4			3
	1	8				2		
				6				
		6				5	1	
6			1	3			9	2
	3				5	1		7
1					7			

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Easy = 16

6 7 7 8

Medium = 5

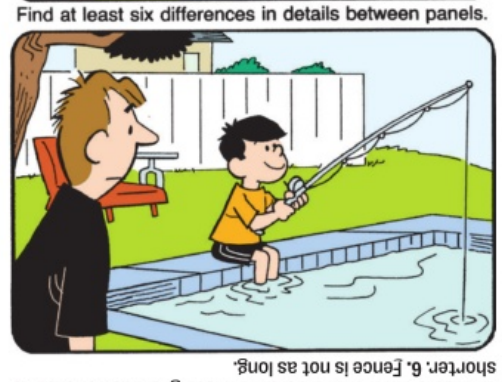
1 2 2 4

Hard = 10

3 4 5 4

Hocusfocus

Find at least six differences in details between panels.



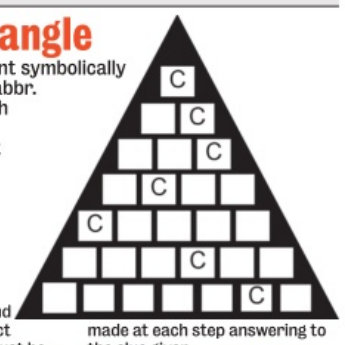
Differences: 1. Chair leg is moved. 2. Bush is moved. 3. Nose is different. 4. Collar is missing. 5. Back of chair is shorter. 6. Fence is not as long.

Riddler

In Flanders fields, where once was blood, From battles for so few yards of mud, I woke from such slumber deep, And mocked the blood the havoc wreaked. But now I show our future hope, And enable veterans to cope, By provoking memories of blood, Before new battlefields can flood. What am I?

Alpha triangle

1 Diamond's element symbolically
2 Air conditioner, abbr.
3 Anatomical pouch
4 Hotshots
5 Partner of effect
6 Cup rest
7 Top side

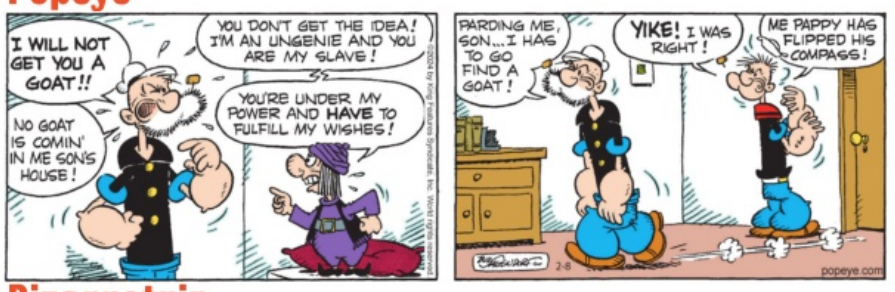


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Popeye


I WILL NOT GET YOU A GOAT!!
NO GOAT IS COMIN' IN ME SON'S HOUSE!
YOU DON'T GET THE IDEA! I'M AN UNGENIE AND YOU ARE MY SLAVE!
YOU'RE UNDER MY POWER AND HAVE TO FULFILL MY WISHES!
PARDING ME, SON... I HAS TO GO FIND A GOAT!
YIKE! I WAS RIGHT!
ME PAPPY HAS FLIPPED HIS COMPASS!
popeye.com

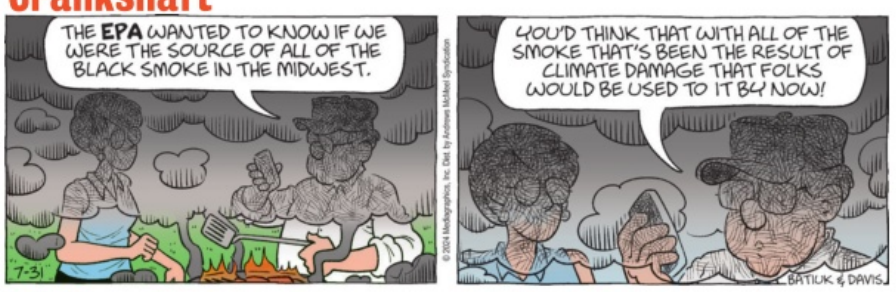
Bizarrotrip

Diamond Lil

Hart of the city

YOUR VOLCANO IS ALL WET! YOU'LL NEED TO DRY IT BEFORE TURNING IT IN.
FWOO! FWOO!
FWOO! FWOO!
I GUESS THAT'S ONE WAY TO DO IT.
FAN FAN
HEART OF THE CITY © 2024 ANDREWS MCMEEL
@COMICS.COM/HEARTOFTHECITY

Crankshaft


THE EPA WANTED TO KNOW IF WE WERE THE SOURCE OF ALL OF THE BLACK SMOKE IN THE MIDWEST.
YOU'D THINK THAT WITH ALL OF THE SMOKE THAT'S BEEN THE RESULT OF CLIMATE DAMAGE THAT FOLKS WOULD BE USED TO IT BY NOW!
7-31
BATIUK & DAVIS

Mutts

HOW ARE YOU GOING TO SURVIVE YOUR LONG TRIP IN THE CARRIER, MOOCH?
I WAS GOING TO SHING "99 BOTTLES OF BEER ON THE WALL"
MEOW MEOW MEOW MEOW
mutts.com
www.kingfeatures.com
7-31

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you may make quick decisions, which could benefit your daily life. With the help of your colleagues, you may successfully tackle some difficult decisions. Property-related disputes with siblings are likely to be resolved, and you might expect some short trips.

Taurus Apr 21 – May 20
Today, you are advised to control your straightforwardness, as loose talk may affect those around you. You might spend hard-earned money on unnecessary items. Although your mind may be working quickly, it is recommended to make important decisions with patience.

Gemini May 21 – Jun 21
Today, you are blessed by the moon, and recent disappointments may turn into happiness. You may enjoy both professional and personal life, and your network could help you complete postponed projects. You may even start a new venture with the support of siblings and your network.

Cancer Jun 22 – July 23
Today, you may feel a sense of negativity around you and feel impatient. Your focus on goals may weaken, slowing your progress on projects, which could lead to losses in business or work. You may feel detached from responsibilities, affecting your daily routine.

Leo Jul 24 – Aug 23
Today, you are blessed by the moon, and new income sources may open up. Past investments might start yielding profits, turning losses into gains, and boosting your financial health. Health issues affecting parents may be resolved.

Virgo Aug 24 – Sep 23
Today, you may implement business plans with the support of a strong network. Your wisdom may help you secure a significant order. There may be a good understanding between you and your spouse, increasing harmony at home. Lovebirds may enjoy happy moments together.

Libra Sep 24 – Oct 22
Today, recent messy situations are under control, and you are blessed by the moon. You may restart postponed tasks, and with this blessing, your hard work may be rewarded. Gains in your business may enhance your finances. You might spend on art or literature and consider overseas travel.

Scorpio Oct 23 – Nov 22
Today, you may not feel well, possibly facing health issues that impact your professional and personal life. You may be upset due to a spouse's health concerns. Patience might be tested, and it is advised to avoid investing in new business projects to prevent losses. Students should focus on their studies and avoid distractions.

Sagittarius Nov 23 – Dec 22
Today, blessed by the moon, you may make quick decisions on the professional front. New business opportunities could boost your confidence, and you may begin an innovation with the help of a partner, likely to expand your business soon.

Capricorn Dec 23 – Jan 20
Today, blessed by the moon, you may perform well at work and could anticipate a promotion or beneficial transfer. You might also consider changing jobs. Your relationship with your boss may improve, and chronic health issues may be resolved, bringing happiness to your family.

Aquarius Jan 21 – Feb 19
Today, things may be under control, and you may enjoy your work with focused energy. This may reflect positively on your work style. Your wisdom will help you make tough decisions professionally, and past investments may start yielding returns.

Pisces Feb 20 – Mar 20
Today, you may feel disappointed with your current position at work or home and may not enjoy it much. You could spend money on unnecessary items, affecting your savings. You may consider relocating and are advised to look after your parents' health.

Vibha V Rao, Bengaluru

Khyati, Bengaluru

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
8^2
$X^2 = 172 - 152$
$X^2 = 289 - 225$
$X^2 = 64$
$X = \sqrt{64}$
$X = +/-8$

BULL'S EYE
bare, barer, bear, blar, BIZARRE, braze, brlar, brle, brler, zebra

STRIKE OUT

A	R	A	B	I	A	F	A	B	L	E	D	E		
M	C	A	S	A	T	A	A	O						
A	C	C	E	N	T	R	O	A	M	E	D			
Z	O	W	R	A	P	B	G							
E	A	R	L	I	E	D	I	D	E	E				
S	D	I	A	N	A	A	N	A	N	D				
U	A	B	S	C	E	S	S	D						
D	R	A	G	S	H	A	I	T	I	N				
O	N	T	O	T	E	R	N	N	A	Y				
C	R	R	U	S	E	U	M							
T	H	E	J	O	B	D	E	T	R	O	P			
O	S	B	A	A	L	E	H							
R	E	T	O	S	S	H	I	N	D	U	S			

FAST FIVE

C	H	O	R	D
H	I	K	E	R
A	R	A	B	A
R	E	P	A	Y
T	R	I	G	S

RIDDLER The poppy.

QUICK

S	A	B	O	T	A	G	E			S				
E	M	M	Y		M	A	T	E	R	N	A	L		
D	R	Y	R	O	T		F	L	I	C	K	S		
A				O	A	F		N						
H	I	L	T	S			O	S	A	K	A			
C		L	E	I										
G	L	O	R	I	A		M	O	D	E	R	N		
E		N		V		P		U		E				
B	A	S	I	L	I	C	A			R	I	D	S	
T				O		B		D	E	T	R	O	P	
S		P		S		I		G		D				
E				P	H	A	R	M	A	C	Y			

MENSA PUZZLE
Figure C is the one different from the others

QUOTE UNCODE
No one appreciates the very special genius of your conversation as the dog does.

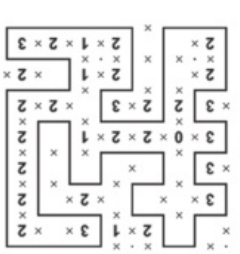
SUDOKU

2	7	3	9	1	6	8	4	5
9	4	5	7	8	3	6	2	1
8	6	1	5	2	4	9	7	3
7	1	8	3	5	9	2	6	4
5	2	4	8	6	1	7	3	9
3	9	6	4	7	2	5	1	8
6	5	7	1	3	8	4	9	2
4	3	2	6	9	5	1	8	7
1	8	9	2	4	7	3	5	6

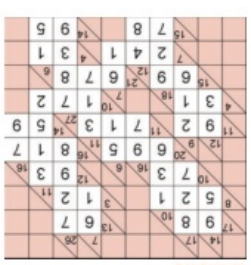
ALPHA TRIANGLE
C, AC, Sac, Aces, Cause, Saucer, Surface.

GO FIGURE
Easy
8 + 7 − 6 + 7 = 16
Medium
4 / 2 + 2 + 1 = 5
Hard
5 − 3 + 4 + 4 = 10

LOOP



KAKURO



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Sam de-stresses doing weighted squats

Actress Samantha Ruth Prabhu took the help of some heavy weights to de-stress herself. Samantha took to Instagram stories, where she shared a video of herself doing some heavy weighted squats

BACK TO THE REAL WORLD

Sara Ali Khan comments on 'post Diwali shoot day'

Bollywood actress Sara Ali Khan has returned to work post Diwali and said she is "back to reality."

Sara took to Instagram stories, where she shared a picture of the sun from her undisclosed shoot locations.

For the caption, she wrote: Post Diwali shoot day. Back to reality & still chasing the sun."

However, the actress, who is the daughter of actors Saif Ali Khan and Amrita Singh, did not reveal what film she is shooting for. On October 25, Sara revealed she was shooting for next in Manali, Himachal Pradesh with filmmaker Amar Kaushik and actor Ayushmann Khurrana. After which, she visited the 24-meters tall Hidimba Devi temple.

Sara shared a string of pictures posing with the director and the actor as they sat next to a bonfire. In one image, the actress was seen in a black and white graffiti hoodie paired with dark jeans and earmuffs. Keeping the colour code in check, Kaushik and Ayushmann too were dressed in black.

This will be the first time Sara and Ayushmann will be seen sharing screen space in a film, which is reported to be a "spy comedy".

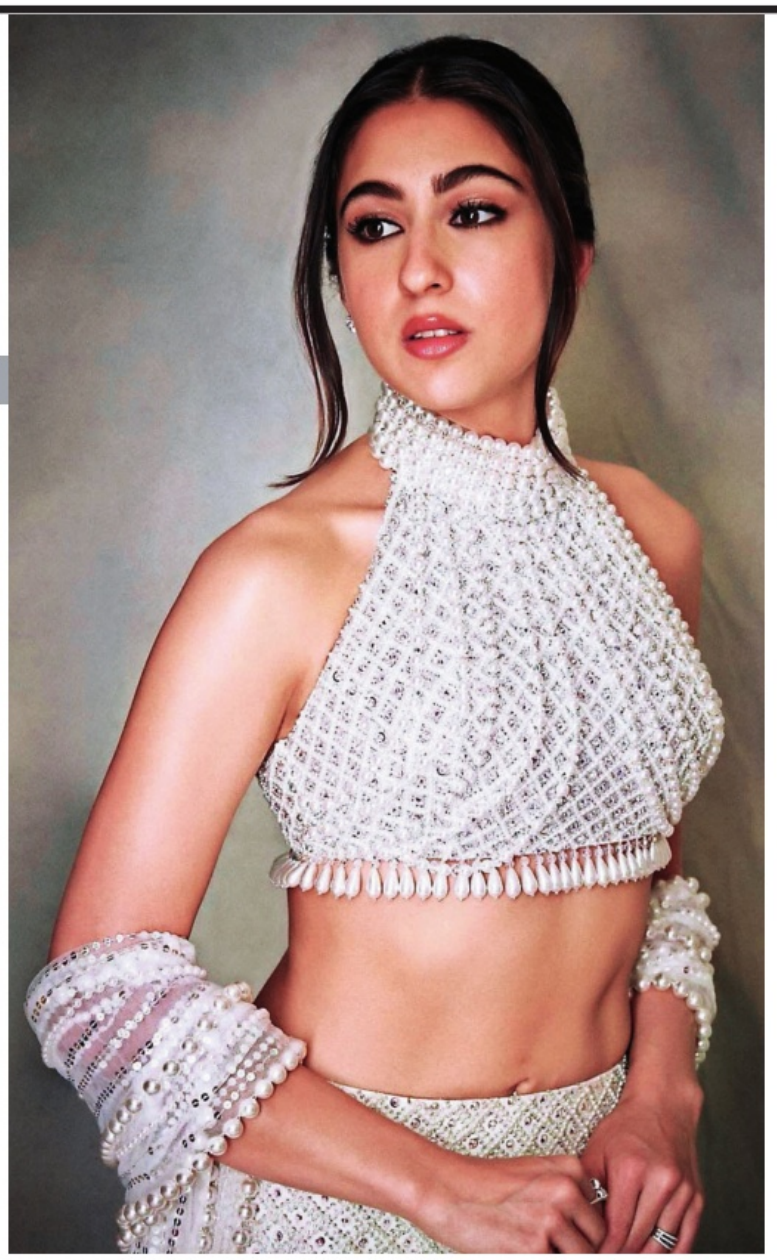
Sara was seen in the "Ae Watan Mere Watan" about India's struggle for freedom in 1942, based on the life of Usha Mehta, a brave young girl who starts an underground radio station to spread the message of unity, setting off a thrilling chase with the British authorities during the Quit India movement.

On Diwali, Sara shared photos with her brother, Ibrahim Ali Khan, showcasing their sibling bond.

Unleashing her poetic talent, Sara lived her 'Kabhi Khushi Kabhi Gham' moment with her brother jaan.

She took to her Instagram handle to post her pictures with Ibrahim and wrote in the caption, "Kabhi Khushi Kabhi Gham. With my Brother Jaan, it's always fun. Kabhi laughter & sometimes he'll scold. And Appa Jaan will do as she's told."

— IANS



Saree style

Khushi Kapoor is a vision to behold in her saree looks

Watch this story come alive by pointing your phone camera at the QR code

Ode to common sense

Abhishek Bachchan has shared thoughts on artificial intelligence (AI) and its relationship with what he calls "natural stupidity". His insights, shared through a video on his Instagram story, highlight the importance of common sense in an age increasingly dominated by technology.

In his video, Abhishek Bachchan emphasizes that while AI is becoming more prevalent, it cannot surpass the inherent foolishness that humans sometimes display. He states, "While AI is in trend, remember common sense was and will always be your best comeback to natural stupidity!" This statement underlines his belief that no matter how advanced technology becomes, the ability to think critically and make sound judgments remains essential.

Common sense refers to the basic level of practical knowledge and reasoning that is expected of individuals in everyday life. It plays a vital role in decision-making and problem-solving. Junior Bachchan cleverly compares common sense to deodorant: "Common sense is like deodorant; the people who need it the most never use it."

This metaphor suggests that those who lack common sense often fail to recognize its importance.

On the work front, Abhishek Bachchan is set to appear in the film 'I Want To Talk,' directed by Shoojit Sircar is set to release on November 22. This project marks his first collaboration with Sircar, who has previously directed notable films featuring Abhishek's father, Amitabh Bachchan.

—ETimes

SANDALWOOD SHOTS

Y MAHESWARA REDDY

First look unveiled

Nagendra Ganiga, who worked as an assistant director for Kirik Party, debuted as a director in Sandalwood with Abhiramachandra. Now, Ganiga is ready with his second movie Dimsol that highlights the beauty and culture of coastal areas. The first look of the movie was released recently. The first look features vibrant reds, and the fierce avatar of Adi Devi Rakteshwari.

Ganiga has also written the script for the movie. Rathakiran and Shivani Rai, who played a couple Abhiramchandra, will play the lead pair in Dinsol. The cast also includes Manasi Sudhir, Devdas Kapikad, Raghu Pandeshwar, Deepak Rai Panaji, Maim Ram Dass, Ganesh Karanth and many theater artists from the coastal region. The film team will release the motion poster on November 6, and the movie is expected to go on floors next month.

Sequel in the making

Karunada Chakravarthy Dr Shivarajkumar said the sequel of Bhairathi Ranagal is in the making. Bhairathi Ranagal, a prequel to Mufti is set to arrive in theaters on November 15. A song – Ajnyatavasa – written by lyricist Dr V Nagendraprasad for the movie Bhairathi Ranagal was released on Friday at Dr Shivarajkumar's residence. The movie is bankrolled by Geetha Shivarajkumar under the Geetha Pictures banner and it is directed by Narthan.

Dr Shivarajkumar said that he liked the character he played in Bhairathi Ranagal. "The sequel to Bhairathi Ranagal is in the making. Director Narthan narrated the script to me. My wife Geeta and I liked the script. We bankrolled the movie from our home banner. It is the second movie to be made under the Geetha Pictures banner. We have released the song - Ajnyatavasa - of Bhairathi Ranagal movie on Deepavali," he said.

Narthan said that he is making arrangements to release the trailer of the movie on November 5. "The movie has come out well. I thank all the actors and technicians for their cooperation," said Narthan. The movie also features Rukmini Vasanth and Devaraj.